

# California Department of Aging

## Disease Prevention and Health Promotion Program Narrative

### Older Americans Act Title III D

#### Program / Element / Component – 30.10

##### Description

The Disease Prevention and Health Promotion Program (Title III D) provides evidence-based preventive health and health promotion services. Title III D supports services that assist older adults in preventing illness and managing chronic conditions. Title III D services include nutrition counseling, nutrition education and activities that promote physical fitness, fall prevention, emotional well-being, and routine health screenings.

Individuals participate in services in a variety of settings including multipurpose senior centers, congregate nutrition sites, and home-delivered meal programs.

##### Benefits

Evidence-based Disease Prevention and Health Promotion services promote healthy aging and maintenance of optimal physical, mental, and social well-being in older adults. An active healthy lifestyle can contribute to an older adult's independence and quality of life.

##### Eligibility

<i>Income</i>	No requirement
<i>Age</i>	60 or older
<i>Other</i>	The Older Americans Act (OAA) emphasizes serving individuals in greatest economic or social need, individuals living in rural areas, those who reside in a medically underserved area of the region, and individuals who have chronic medical conditions that can improve with education and non-medical intervention.

##### Access

Information on the Title IIID Program is available through the statewide toll-free Senior Information Line at **1-800-510-2020** and the California Department of Aging website at [www.aging.ca.gov](http://www.aging.ca.gov).

### **Current State Fiscal Year Funding Information (2014-15)**

<i>Source</i>	OAA federal funds, local funds, in-kind contributions
<i>Allocation Formula</i>	Intrastate Funding Formula
<i>Match Requirements</i>	10 percent local funding
<i>Other Funding Information</i>	All services must meet evidence-based program requirements. There is no charge for participation in the Program. Voluntary contributions are encouraged.
<i>Funding Cycle</i>	July 1 – June 30